

7. Review Lesson 14 and begin planning how you want to involve students in a project designed to improve the caring and respect shown in the school environment. You may want to consider the parameters for the project, including the time you can devote to this lesson. You may also want to talk with your administrators and staff regarding possible projects. If you think you might need additional help, invite parents, other family members or staff to join you in the planning and implementation of the project.

## Vocabulary Words

In addition to the words listed below, the teacher reference in Lesson 1, "Vocabulary Words for Emotions," contains a list of words describing feelings.

acceptable	courageous	positive self-talk
acknowledge	dangerous	private
advocate	decision	problem
advocacy	destructive	realistic
aggressive	disagreement	regret
argument	distract	responsible
assertive	disturbing	role play
audience	emotions	secrets
body language	evaluate	self-confidence
brainstorm	goal	self-control
bullying	goal setting	self-talk
bystanders	harassment	short-term
calm down	I-message	summarize
communicate	long-term	teamwork
conflict	non-violent	teasing
conflict resolution	passive	trouble
consequences	peer pressure	values
courage	positive thoughts	violence

## Assessment

Review the information on using assessment with students in these sections of this manual: Overview of the *Michigan Model for Health™* and How to Use the Manual.

Curriculum-embedded assessment tools are provided at the end of many lessons in the form of rubrics and checklists for scoring student work. These assessments were developed specifically for the instructional activities in the lessons. In this unit, they can be found in the following lessons:

Lesson 2:

Telling Others What Bothers Us

"Assessment Checklist for Skill Development: ACT"

Student Self-Assessment Checklist: "ACT"



**Lessons 3 and 4:**

Healthy Ways to Handle Harassment or Bullying

Practicing Positive Ways to End Bullying

"Assessment Checklist for Skill Development: Protecting Self and Others From Bullying"

Student Self-Assessment Checklist: "Protecting Self and Others From Bullying"

**Lesson 5:**

Speaking With Respect for Self and Others

"Assessment Checklist for Skill Development: Speaking Assertively"

Student Self-Assessment Checklist: "Speaking Assertively"

**Lesson 6:**

Listening With Respect

"Assessment Checklist for Skill Development: Listening Respectfully"

Student Self-Assessment Checklist: "Listening Respectfully"

**Lessons 7 and 8:**

Making WISE Decisions to Avoid Trouble

Practicing the WISE Way to Avoid Trouble

"Assessment Checklist for Skill Development: WISE"

Student Self-Assessment Checklist: "WISE"

**Lesson 10:**

Working Things Out

"Assessment Checklist for Skill Development: Working Things Out"

Student Self-Assessment Checklist: "Working Things Out"

**Lessons 11 and 12:**

Finding Healthy Solutions to Conflicts

Practicing Our Conflict Resolution Skills

"Assessment Checklist for Skill Development: ACT WISE to Resolve Conflicts"

Student Self-Assessment Checklist: "ACT WISE to Resolve Conflicts"

**Lesson 13:**

Setting Positive Goals for Health and Happiness

"Assessment Checklist for Skill Development: Goal Setting"

Student Self-Assessment Checklist: "Goal Setting"

**Lesson 14:**

Making Our School a Caring and Respectful Place

"Assessment Rubric for Skill Development: Making Our School a Caring and Respectful Place"

# Student Learning Objectives

## Lesson Titles and Objectives, Correlated With National Health Education Standards

Social & Emotional Health	
Lesson Objectives	National Health Education Standards
<b>Lesson 1: Managing Strong Feelings</b>	
Practice strategies to manage strong feelings.	Self Management
<b>Lesson 2: Telling Others What Bothers Us</b>	
Practice strategies to manage strong feelings.	Self Management
<b>Lesson 3: Healthy Ways to Handle Harassment or Bullying</b>	
Describe how harassing or bullying behaviors are harmful to the person bullying others, the target(s) of the bullying, and the bystanders.	Core Concepts
Demonstrate the ability to get help from a trusted adult and protect self and others from being harassed.	Accessing Information and Self Management
<b>Lesson 4: Practicing Positive Ways to End Bullying</b>	
Describe how harassing or bullying behaviors are harmful to the person bullying others, the target(s) of the bullying, and the bystanders.	Core Concepts
Demonstrate the ability to get help from a trusted adult and protect self and others from being harassed.	Accessing Information and Self Management
<b>Lesson 5: Speaking With Respect for Self and Others</b>	
Demonstrate how to communicate assertively.	Interpersonal Communication
<b>Lesson 6: Listening With Respect</b>	
Demonstrate effective listening strategies.	Interpersonal Communication
<b>Lesson 7: Making WISE Decisions to Avoid Trouble</b>	
Identify situations that might lead to trouble, including violence.	Self Management
Identify decision-making and problem-solving steps.	Decision Making
Identify people who can help make decisions and solve problems.	Accessing Information and Decision Making
Demonstrate strategies to avoid trouble.	Self Management and Interpersonal Communication
<b>Lesson 8: Practicing the WISE Way to Avoid Trouble</b>	
Demonstrate strategies to avoid trouble.	Self Management and Interpersonal Communication
Practice making a decision or solving a problem using criteria to evaluate solutions.	Decision Making

## Social & Emotional Health (continued)

### Lesson 9: Getting Help From Adults for People in Danger

Analyze the importance of telling an adult if there are people who are in danger of hurting themselves or others.

Accessing Information

Describe how to get help.

Accessing Information

### Lesson 10: Working Things Out

Describe characteristics and steps of conflict resolution.

Self Management and  
Interpersonal Communication

Practice using the steps of conflict resolution.

Self Management and  
Interpersonal Communication

### Lesson 11: Finding Healthy Solutions to Conflicts

Describe characteristics and steps of conflict resolution.

Self Management and  
Interpersonal Communication

Practice using the steps of conflict resolution.

Self Management, Interpersonal  
Communication, and Decision Making

### Lesson 12: Practicing Our Conflict Resolution Skills

Practice using the steps of conflict resolution.

Self Management, Interpersonal  
Communication, and Decision Making

### Lesson 13: Setting Positive Goals for Health and Happiness

Set a personal goal and plan the steps necessary to achieve the goal.

Goal Setting

### Lesson 14: Making Our School a Caring and Respectful Place

Advocate for a caring school environment.

Advocacy

## Health Education Standards

Lesson #	Core Concepts	Analyzing Influences	Accessing Information	Interpersonal Communication	Decision Making	Goal Setting	Self Management	Advocacy
Lesson 1: Managing Strong Feelings							X	
Lesson 2: Telling Others What Bothers Us							X	
Lesson 3: Healthy Ways to Handle Harassment or Bullying	X		X				X	
Lesson 4: Practicing Positive Ways to End Bullying	X		X				X	
Lesson 5: Speaking With Respect for Self and Others				X				
Lesson 6: Listening With Respect				X				
Lesson 7: Making WISE Decisions to Avoid Trouble			X	X	X		X	
Lesson 8: Practicing the WISE Way to Avoid Trouble				X	X		X	
Lesson 9: Getting Help From Adults for People in Danger			X					

<b>Lesson #</b>	<b>Core Concepts</b>	<b>Analyzing Influences</b>	<b>Accessing Information</b>	<b>Interpersonal Communication</b>	<b>Decision Making</b>	<b>Goal Setting</b>	<b>Self Management</b>	<b>Advocacy</b>
<b>Lesson 10: Working Things Out</b>				X			X	
<b>Lesson 11: Finding Healthy Solutions to Conflicts</b>				X	X		X	
<b>Lesson 12: Practicing Our Conflict Resolution Skills</b>				X	X		X	
<b>Lesson 13: Setting Positive Goals for Health and Happiness</b>						X		
<b>Lesson 14: Making Our School a Caring and Respectful Place</b>								X

# Materials

The materials used in the *Michigan Model for Health™* are categorized into three types:

- **Health Education Resources:** Materials obtained from your Regional Health Coordinator, regional materials center, or ordered from the vendor\*
- **Teacher Manual Resources:** Materials found in the manual, such as student worksheets, teacher references, and so on
- **Supplied by the Teacher:** Materials typically found in the classroom or school, such as pencils, writing paper, art supplies, and so on

\* If you have questions about any of the materials used in the *Michigan Model for Health™* or how to obtain them, phone the Michigan Model for Health Clearinghouse. They will help you locate what you need.

Phone: 888-517-6195

This list includes all of the materials needed for this unit on social and emotional education. Following each item listed, the number of the lesson(s) where the item is used is indicated for your reference.

MATERIALS	LESSON NUMBERS													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>Health Education Materials</b>														
• Poster: "So Many Feelings," Michigan Model for Health Clearinghouse	X	X	X											
• Poster: "When Something Is Bothering You, ACT!" Michigan Model for Health Clearinghouse		X	X		X									
• Poster: "Protect Yourself and Others From Bullying," Michigan Model for Health Clearinghouse			X	X										
• Poster: "The Three D's for Telling," Michigan Model for Health Clearinghouse			X											
• Poster: "Take a Stand! How to Speak Assertively," Michigan Model for Health Clearinghouse					X	X				X	X	X		
• Poster: "Lend an Ear! How to Listen Respectfully," Michigan Model for Health Clearinghouse						X				X	X	X		
• Poster: "Walking the Path to Wise Decisions," Michigan Model for Health Clearinghouse							X	X	X					
• Poster: "Check It Out," Michigan Model for Health Clearinghouse (Suggestion)							X	X	X					
• Book: <i>Bully on the Bus</i> , by Carl W. Bosch (Extension Activity)								X						
• Video: <i>My Blog: Working Things Out (The Answer Is Out There)</i> , Mazzarella Media (11 minutes)										X				
• Poster: "ACT WISE to Resolve Conflicts," Michigan Model for Health Clearinghouse											X	X		
• Poster: "Goal Setting," Michigan Model for Health Clearinghouse													X	
• Book: <i>The Patchwork Quilt</i> , by Valerie Flournoy (Extension Activity)													X	
• Poster: "Advocacy," Michigan Model for Health Clearinghouse														X

MATERIALS		LESSON NUMBERS													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14
<b>Teacher Manual Resources</b>															
<b>Materials to Duplicate</b>															
• Student Worksheet: "Managing Feelings About New Responsibilities"	X														
• Student Worksheet: "Managing Feelings About Big Changes" (Extension Activity)	X														
• Student Worksheet: "Managing Feelings" (Suggestion)	X														
• Student Worksheet: "Taking ACTION When Something Bothers Us" (with situations)		X													
• Student Self-Assessment Checklist: "ACT"		X													
• Student Worksheet: "Taking ACTION When Something Bothers Us" (without situations) (Extension Activity)		X													
• Family Resource Sheet: "Expressing Feelings Honestly to Build Positive Relationships"		X													
• Student Worksheet: "Using Courage and Kindness to Stop Bullying"			X												
• Teacher Master: "A Situation for Role Playing"			X												
• Student Self-Assessment Checklist: "Protecting Self and Others From Bullying"			X	X											
• Student Worksheet: "My Backpacks of Bully Protection"				X											
• Student Worksheet: "My Promise to Help End Bullying in Our School" (Extension Activity)				X											
• Family Resource Sheet: "Creating a Bully-Free School"				X											
• Student Worksheet: "Assertive Speaking Skills Checkup"					X										
• Student Self-Assessment Checklist: "Speaking Assertively"					X										
• Student Worksheet: "Listening Skills Checkup"						X									
• Student Worksheet: "My Reporter's Notebook"						X									
• Student Self-Assessment Checklist: "Listening Respectfully"						X									
• Family Resource Sheet: "Building Positive Relationships"						X									
• Student Self-Assessment Checklist: "WISE"							X	X							
• Family Resource Sheet: "Spotting the Warning Signs of Trouble"							X								
• Teacher Master: "Situations for Practicing the WISE Steps"								X							
• Student Worksheet: "Making Decisions the WISE Way"								X							
• Family Resource Sheet: "Making WISE Decisions to Avoid Trouble"								X							
• Student Worksheet: "Helping Each Other by Telling Adults About Potential Violence: Case Study 1"									X						
• Student Worksheet: "Helping Each Other by Telling Adults About Potential Violence: Case Study 2"									X						
• Student Worksheet: "Helping Each Other by Telling Adults About Potential Violence: Case Study 3"									X						
• Student Worksheet, "Working Things Out" (Suggestion)										X					
• Student Self-Assessment Checklist: "Working Things Out"										X					
• Student Worksheet: "Helping Emily and Joshua Resolve Their Conflict"											X				
• Student Self-Assessment Checklist: "ACT WISE to Resolve Conflicts"											X	X			
• Family Resource Sheet: "Helping Children Learn to Resolve Conflicts"											X				
• Student Worksheet: "Who's Going Camping?"												X			
• Student Worksheet: "Using Teamwork to Resolve a Conflict"												X			



MATERIALS	LESSON NUMBERS													
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
• Student Worksheet: "Brainstorming Goals to Achieve"													X	
• Student Worksheet: "Drafting My Plan"													X	
• Student Worksheet: "Reaching My Goal: I Can and I Will!"													X	
• Student Self-Assessment Checklist: "Goal Setting"													X	
• Family Resource Sheet: "Helping Children Plan for Success"													X	
• Student Worksheet: "How Caring and Respectful Is Our School?"														X
<b>Slides to Prepare</b>														
• Slide Master: "Passive Communication"					X									
• Slide Master: "Aggressive Communication"					X									
• Slide Master: "Assertive Communication"					X									
• Slide Master: "Assertive Communication: How and When"					X									
• Slide Master: "WISE Step 1"							X							
• Slide Master: "WISE Step 2"							X							
• Slide Master: "WISE Step 3"							X							
• Slide Master: "WISE Step 4"							X							
• Slide Master: "Check It Out"							X							
• Slide Master: "Warning Signs of Trouble" (Suggestion)							X	X						
• Slide Master: "Getting Help From an Adult"									X					
• Slide Master: "Working Things Out: Discussion Questions" (Suggestion)										X				
• Slide Master: "Setting Good Goals"													X	
• Slide Master: "Planning to Achieve Goals"													X	
• Slide Master: "Creating a Plan"													X	
• Slide Master(s): "How Caring and Respectful Is Our School?"														X
<b>Teacher Keys and References</b>														
• Teacher Reference: "Vocabulary Words for Emotions"	X													
• Teacher Key: "Managing Feelings About New Responsibilities"	X													
• Teacher Key: "Managing Feelings About Big Changes" (Extension Activity)	X													
• Teacher Key: "Taking ACTION When Something Bothers Us" (with situations)		X												
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: ACT"		X												
• Teacher Reference: "How to Intervene in a Bullying Situation"			X											
• Teacher Reference: "Resources for Bully Prevention"			X											
• Teacher Key: "Using Courage and Kindness to Stop Bullying"			X											
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: Protecting Self and Others From Bullying"			X	X										
• Teacher Reference: "Protecting Self and Others From Bullying: Guidelines for Role Playing"				X										
• Teacher Key: "My Backpacks of Bully Protection"				X	X									
• Teacher Key: "Assertive Speaking Skills Checkup"					X									
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: Speaking Assertively"					X									
• Teacher Key: "Listening Skills Checkup"						X								
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: Listening Respectfully"						X								
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: WISE"							X	X						
• Teacher Key: "Making Decisions the WISE Way"								X						

MATERIALS		LESSON NUMBERS													
		1	2	3	4	5	6	7	8	9	10	11	12	13	14
• Teacher Reference: "Lesson Plan for the Extension Activity: <i>Bully on the Bus</i> " (Extension Activity)									X						
• Teacher Key: "Helping Each Other by Telling Adults About Potential Violence: Case Study 1"										X					
• Teacher Key: "Helping Each Other by Telling Adults About Potential Violence: Case Study 2"										X					
• Teacher Key: "Helping Each Other by Telling Adults About Potential Violence: Case Study 3"										X					
• Teacher Reference: "Teaching the Skills for Conflict Resolution"											X	X			
• Teacher Reference: "Resolving Simple Conflicts: Guidelines for Role Playing"											X				
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: Working Things Out"											X				
• Teacher Key: "Helping Emily and Joshua Resolve Their Conflict"												X			
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: ACT WISE to Resolve Conflicts"												X	X		
• Teacher Key: "Who's Going Camping?"													X		
• Teacher Key: "Brainstorming Goals to Achieve"														X	
• Teacher Key: "Drafting My Plan"														X	
• Teacher Key: "Reaching My Goal: I Can and I Will!"														X	
• Teacher Reference—Assessment: "Assessment Checklist for Skill Development: Goal Setting"														X	
• Teacher Reference: "Choosing an Advocacy Project"															X
• Teacher Reference—Assessment: "Assessment Rubric for Skill Development: Making Our School a Caring and Respectful Place"															X
<b>Supplied by the Teacher</b>															
<b>Equipment</b>															
• CD player (Extension Activity)		X													
• Computer with Internet connection (Extension Activity)				X											
• Projector					X		X	X	X	X				X	X
• Copier or computers and printer						X									
• AV equipment											X				
<b>Miscellaneous</b>															
• Writing and drawing paper plus colored pencils, pens, or crayons (Extension Activity)		X													
• Chart paper and tape or easel		X					X								X
• Markers		X					X								X
• Music CDs (Extension Activity)		X													
• Writing paper		X	X	X	X	X	X	X	X		X	X	X	X	X
• Pens or pencils		X	X	X	X	X	X	X	X	X	X	X	X	X	X
• Envelopes, slips of paper, and pencils or pens (Extension Activity)		X													
• Art supplies (Extension Activity)			X	X	X	X		X	X				X	X	
• List of ways to calm down created on chart paper during Lesson 1			X	X				X							
• Closed box with a hole in the top, like a ballot box (Extension Activity)			X												
• Manila envelope, 9 x 12 or larger			X												
• Poster board and art supplies (Extension Activity)			X												